



#### **FITTING INSTRUCTIONS:**

1. Hold the respirator in hand and with the nosepiece at your fingertips.  
Allow headbands to hang freely below hand.
2. Cup the respirator firmly against your face with the nosepiece on the bridge of your nose.
3. Stretch and pull the lower headband over the head and position below your ears. Stretch and pull the top headband on the back of your head above your ears.
4. Press soft metal or plastic nosepiece to conform snugly around your nose.
5. To test fit, cup both hands over the respirator and exhale vigorously. If air flows around your nose, tighten the nosepiece. If air leaks around the edges, reposition the headband for better fit.
6. Change respirator immediately if breathing becomes difficult or respirator becomes damaged or distorted, or a proper face fit cannot be maintained. Careful observance of these instructions is an important step in safe respirator use.